



# The Mentors Plus Match

For members of the Mentors Plus Family

September, 2014

Volume 2, No. 9



**International Velodrome, Rochester Hills:** Mike and Lee have fun riding bikes. More information at IVBP.org.



**On Sunday, September 7<sup>th</sup>, 1:00 pm  
Kensington Park: Information p. 3.**



**Renaissance Festival**  
We will soon have tickets – first come first serve basis. Let me know if you and your match would like to attend.

☆ Please turn in your August Monthly Report by Wednesday, September 10, 2014

## Fun Things to Do Anytime

- ☀ Go for a sail on Lake St. Clair. A volunteer will take up to six people for a two hour sail, free of charge. (Dependent on weather.)
- ☀ Try ping pong. Many local community centers offer the equipment for free – it's a great sport.
- ☀ Visit a local pet store and play with the animals. (Many of the malls have stores.)
- ☀ Volunteer to do a fall clean-up of leaves for an elderly neighbor or friend.
- ☀ Make a fall collage with things gathered from a walk in a park or woods.

## Quote of the Month

**"The whole purpose of education is to turn mirrors into windows."**

**- Sydney J. Harris**

Although our primary job as mentors is not to provide academics for our mentees, we can assist in shaping their attitudes towards school and learning. Be sure to point out that the facts and/or skills they learn in school or as you do various activities, often have a direct connection with the skills they will need for life.

## Julie's Corner

**Mentors Plus Annual Picnic  
Saturday, October 4<sup>th</sup>, 2014**



## Join us at the Elk's Lodge,

2100 Scott Lake Road,  
Waterford, 12:00-2:00 (or  
Sunday- Rain Day)

- Great food
- Car show
- Yoga/Physical Fitness and Juggling Demos
- Face Painting
- Lots of games: Hoops/Volleyball/Horseshoes
- Arts, crafts, wood projects
- Picture opportunities
- Meet new matches
- Guitar Jam: (Bring a guitar. Practice: If I Had a Hammer from Ultimate-guitar.com/p/peter\_paul\_and\_mary/if\_i\_had\_a\_hammer or plan your own music/song.)

**Please volunteer to help – call Julie at (248)858-0045!**



Oakland County Youth Assistance

# Mentors Plus

Be a friend. Show the way.

Oakland County Circuit Court-Family Division  
Oakland County Youth Assistance  
1200 N. Telegraph Road, Building 14 East  
Pontiac, MI 48341-0452  
248-858-0041



September, 2014	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 *Arts, Beats and Eats, Royal Oak, 11:00am to 5:00 pm. Art, music and food available. \$3 admission before 3:00, \$5 after. (This actually runs all week-end.)	2	3	4	5	6 *Plymouth Community Fall Festival - 58 <sup>th</sup> year. Carnival rides, which sometimes swing and/or twirl between two-and-three-story buildings, a car show, craft show, pancake breakfast, rotary BBQ, spaghetti dinner, and two stages of entertainment, as well as food and community booths. There is also a Taste Fest.
7  A Yoga benefit for Metro Detroit youth Kensington Park, 1:00 pm Fundraiser for Mentors Plus and Work It Out.	8	9	10	11	12	13 *Funky Ferndale Art Show & DIY Street Fair. Ferndale's funky reputation helps to attract over 120 innovative artists from across the nation who work in several mediums, including sculpture, metal, wood, jewelry, fiber and glass. Free
14	15 *Rumpelstiltskin at the Marquis Theatre in Northville. 10:30 a.m A classic tale . Lots of dancing and singing. \$9 *Ann Frank Educational and Art Project: Farmington Hills Library: For ages 10-15. Free. Participants will receive the book.	16 *Ann Frank Educational and Art Project: Pontiac Library. Free. Participants will receive the book.	17 *The Shape of Things: 3D Art Exhibit at the Carr Center in Detroit. 9:00 am until 6:00 pm Check out this exhibit at the Carr Center. Rick Cronn interests are into using scrap, recycled and reused material in his sculptures. Free	18 *Kensington Metropark 10am. An opportunity to see farm equipment, enjoy a tractor-drawn hayride. Fee: \$5 per person. For more information, please call 248-684-8632. *Ann Frank Educational and Art Project:Novi Library. . Free. Participants will receive the book.	19 *Dearborn Farmers and Artisans Market. 9:00 am until 2:00 pm With more than 30 vendors, find food vendors selling fresh, local produce and specialty foods, plus art, fine jewelry, soaps, furniture and more. Free	20 *Magic Class at ABC Magic Store in Mount Clemens.12:00 pm until 1:00 pm Kids ages 5-plus can take part in this free magic class in Mount Clemens ABC MAGIC STORE 69 N. Walnut St. Mount Clemens, MI. Free.
21 *Michigan Renaissance Festival in Holly. *Sept. 20-21: Harvest Huzzah	22	23 *'Journey to the South Pacific' at the Michigan Science Center's Chrysler IMAX Dome Theater. Visit the tropical islands of remote West Papua. Accompany an island boy as he seeks whale sharks, sea turtles, manta rays and more. Times/prices vary.	24 *Kidstruction Zone Exhibit at the Michigan Science Center in Detroit 9 a.m.-3 p.m . Build large structures with giant LEGOs, create detailed structures with KEVA Planks, invent futuristic vehicles with K'NEX. Free with admission: \$13/adults, \$10/ages 2-12	25	26 *Astronomy at the Beach. 6 pm.The 18th Annual Astronomy at the Beach, hosted by Kensington Metropark and the Great Lakes Association of Astronomy Clubs, 9- 26 & 27 at Maple Beach, 6 pm to midnight rain or shine, both nights. Clear skies are best, but there's plenty to do in our pavilion as well. Free	27 *Fishing Derby at the Waterford Bend Park Area in Northville.8:00 am until 11:00 am All kids ages 12 and younger are welcome to have some fishing fun and win prizes. The Rouge River will be stocked with Rainbow Trout and a casting contest will take place. All anglers need to bring their own equipment and bait. Free
28 *American Sewing Expo at Suburban Collection Showplace in Novi. Beginner to expert sewers and crafters will find fashion shows, classes and shopping at the 21st annual American Sewing Expo. Meet David Tutera and Khaliah Ali, McCall pattern designer of fashionable clothing 14/adults, free/ages 15 and under with paying adult . 9:00 am - 5:00 pm.	29	30				

# yogalove2014

A Yoga benefit for Metro Detroit youth

On Sunday, September 7th, Yogalove Detroit will continue its mission to foster and support community through service by hosting its second annual yoga benefit.

Yogalove 2014 is a celebration of yoga at Kensington Metropark to benefit two organizations that serve youth in Metropolitan Detroit:

## **Danialle Karmanos' Work It Out**

DKWIO in partnership with the DMC Children's Hospital of Michigan works to promote optimum health in mind, body and spirit through yoga and nutrition in Detroit area schools.

## **Mentors Plus**

A program of Oakland County Youth Assistance, Mentors Plus matches caring adults with young people who need a positive, adult figure in their lives.

Starting at 1:00 p.m., teachers from yoga studios throughout metropolitan Detroit will lead participants through a 2 hour yoga practice while sharing a message of connection, compassion, and service. Teachers include:

- Caren Paskel / Yoga Shelter
- Jeffrey Friedland / Above the Barre X
- Katherine Austin / Karma Yoga
- Kerrie Trahan / DKWIO, Yoganic Flow
- Laura Papenhagen / Divine Power Yoga
- Lee Ann Louis---Prescott / Yoga Center for Healthy Living
- Liz C / Shine On Yoga
- Meena Puri / Yoga School of Milford, Ayurvedic Healing Center
- Tim Clark / iamtimclarkfitness, Yoga Shelter

The yoga practice will also include music by DJ Baksheesh of Dance Meditation Technique.

Before and following the yoga practice participants can enjoy refreshments donated by area businesses and browse through the Yogalove Lifestyle Expo. The expo will feature vendors, health and nutrition experts, and event sponsors. And in support of Yogalove Detroit's mission to foster and support community through service, Yogalove Detroit will provide free exposition space to area yoga studios as well as non---profit and service organizations.

<http://www.yogalovedetroit.org>  
<http://www.facebook.com/yogalovedetroit>  
[info@yogalovedetroit.org](mailto:info@yogalovedetroit.org)

About Yogalove Detroit:

YogaLove Detroit was formed in 2012 with the mission to foster community and service through yoga. Yogalove Detroit's inaugural yoga benefit on April 28th 2013 was held at the historic Gleaners Warehouse in Detroit and raised \$4,300 for Gleaners Community Food Bank of Southeastern Michigan.

<http://www.yogalovedetroit.org>

About Danialle Karmanos' Work it Out:

The mission of Danialle Karmanos' Work It Out in partnership with DMC Children's Hospital of Michigan (DKWIO) is to promote optimum health in mind, body and spirit through a comprehensive yoga---based approach that reduces anxiety, prevents childhood obesity and increases self---esteem. Founded in 2005, DKWIO is a 501(c)(3) not---for---profit organization that delivers quality programming to give children the tools to make healthy choices.

<http://www.dkwio.org>

About Mentors Plus:

Created in 1973, Oakland County Youth Assistance's Mentors Plus program matches caring adults with young people who need a positive adult figure in their lives.

<http://www.oakgov.com/courts/circuit/Pages/volunteer/mentors.aspx>

## **Pictures of Mentees Having Fun Since Spring!**



**Dressed for Mystery Night... in Waterford.**



**Bloomer Park Velodrome**



**A Scavenger Hunt in Waterford**



## **Mentor Focus: Mentor Michigan Resources**

Mentor Michigan offers a great number of resources to mentors throughout the state. Their website: [www.mentormichigan.com](http://www.mentormichigan.com) contains a variety of information for both new and experienced mentors. Topics include such things as: What if...?, College knowledge for mentors, communication skills, activity ideas, etc. and ...

### **20+ Ways to be a Great Mentor**

1. Commit to at least one year with your mentee
2. Demonstrate to your mentee that you are consistent, dependable, and trustworthy
3. Consistently act in ways that are ethical to earn the trust of your mentee
4. Know the mission of your mentoring provider organization
5. Always follow the guidelines of your mentoring provider organization
6. Value the diverse economic, cultural, and religious traits of your mentee
7. Maintain regular contact with your mentoring provider organization to ensure effective mentoring practices
8. Have fun with your mentee as you learn together – mentoring should not be all work and no play
9. Do not criticize the staff or faculty of your mentoring provider organization in front of your mentee
10. Do less talking and more listening so your mentee can share his/her thoughts
11. Do not make inappropriate remarks about your mentee's family
12. Be a positive role model in both word and deed
13. Never engage in inappropriate physical contact with your mentee
14. Maintain a cheerful and positive attitude with your mentee
15. Support community efforts to encourage volunteerism
16. Never violate the law or organizational codes of conduct
17. Keep conversations confidential between you and your mentee
18. Be an advisor, not a preacher
19. Be a sympathetic listener, not a psychologist
20. Be a friend, not a surrogate parent
21. Talk to a teacher, counselor, or the mentoring provider organization if your mentee has problems you cannot help with
22. Refrain from profanity or other inappropriate speech
23. Know that "thank you" may come in the form of a hug or a smile instead of words.